

## Come along to our Virtual Groups we would love to see you!

**Our virtual groups** offer a fantastic way to come together on a video call with other parents and carers who are having similar experiences. These virtual sessions provide an opportunity to gain information and support from our friendly team of health professionals.

**All of our groups** take place on Microsoft teams which is widely available on desktops, laptops, ipads and mobile phones. Microsoft teams is very user friendly, which means whether your slightly camera shy or totally ready to get involved Microsoft teams enables you participate at your own pace.

**We are adding new sessions** all the time, to keep updated follow us on our facebook page – [www.facebook.com/lancashirehealthyyoungpeopleandfamilies](https://www.facebook.com/lancashirehealthyyoungpeopleandfamilies) or visit our website -[lancsyounpeoplefamilyservice.co.uk](http://lancsyounpeoplefamilyservice.co.uk).

**If you have any further questions** or would like to book your place on one of our groups, we would love to hear from you.

**For all queries or bookings** please contact a member of our Lancashire Healthy Young People and Families Service on **0300 247 0040**.

Please see overleaf for our Virtual Group programme



[www.lancsyounpeoplefamilyservice.co.uk](http://www.lancsyounpeoplefamilyservice.co.uk)



# The Virtual Group Programme



Monday	Tuesday	Wednesday	Thursday	Friday
	<p><u>Talk to Me Group</u></p> <p>0-6mths 1st and 3rd Tuesday of the month <b>10-11 am</b></p> <p>Support for speech, language and communication skills.</p>	<p><u>Moving onto Solids Group</u></p> <p>0-1 year <b>10 -11am</b></p> <p>Support group which helps you introduce your baby to solid foods.</p>	<p><u>Baby and Me Group</u></p> <p>8/10/20 22/10/20 5/11/20 19/11/20 <b>10-11 am</b></p> <p>Will discuss the reality of becoming a parent, how our babies communicate and how we can look after our emotional health.</p>	<p><u>Settling into School Group</u></p> <p><u>Oct - March</u> <b>10-11 am</b></p> <p>Advice, support and information to help your child settle into school.</p>
	<p><u>Chat, Play &amp; Read Group</u></p> <p>6mths – 2 years</p> <p>2nd and 4th Tuesday of the month <b>10- 11 am</b></p> <p>Support for speech, language and communication skills.</p>		<p><u>Antenatal Infant Feeding Group</u></p> <p>Every Thursday <b>1-2pm</b></p> <p>Leaning about feeding your baby.</p>	<p><u>Ready Steady School</u></p> <p><u>April - Sept</u> <b>10-11 am</b></p> <p>A school readiness group which helps prepare your child to start school.</p>
	<p><u>Postnatal Infant Feeding Group</u></p> <p><b>1-2pm</b></p> <p>Supporting breast, bottle and formula feeding.</p>			<p><u>Bump Birth and Beyond Group</u></p> <p><b>12:30 – 2pm</b></p> <p>Antenatal education</p>

